

CLIMBING IN CENTRAL PARK HAS A RICH HISTORY DATING BACK TO THE EARLY 60'S AND LIKELY BEFORE. VERY LITTLE INFORMATION IS KNOWN ABOUT WHO THE FIRST CLIMBERS WERE, BUT MANY FAMOUS MOUNTAINEERS AND CLIMBERS HAVE VISITED CENTRAL PARK TO TEST THEIR ABILITY ON THE ROCKS.



CENTRAL PARK



Alex Mastler on Pile Driver

Central Park

MANY OF THE BOULDER PROBLEMS ARE ELIMINATED DUE TO THE SMALL QUANTITY OF ROCK AVAILABLE, BUT DON'T LET THAT DETER YOU FROM TRYING THE ROUTES HERE. THE PARK POSSESSES SOME INCREDIBLY IMAGINATIVE AND INTERESTING ROUTES THAT ARE AS GOOD AS ANYTHING YOU WOULD FIND ELSEWHERE...IT JUST ON A MUCH SMALLER SCALE!

USEFUL INFO: LOCALS ARE NOTORIOUS SANDBAGGERS. NOT BECAUSE THEY ARE ARROGANT COMPETITORS, BUT BECAUSE MOST OF THEM HAVE FULLY "WIRED" THE BOULDER PROBLEMS SO THE MOVES ARE NOT QUITE AS HARD AS THEY MIGHT SEEM DURING AN ONSIGHT ATTEMPT.

CENTRAL PARK SOUTH

ACCESS // APPROACH

Areas: Rat Rock, Chess Rock, Cat Rock, Tooth Rock

These boulders are easily accessible from Columbus Circle at the southwest corner of the park from lines 1, A, B, C and D. From the Seamen of Maine memorial monument, go northeast into the park crossing West Drive until you reach the Heckscher Playground. Skirt around the left side of the playground until you reach Rat Rock on north side of the playground, situated between the ball field and the park.

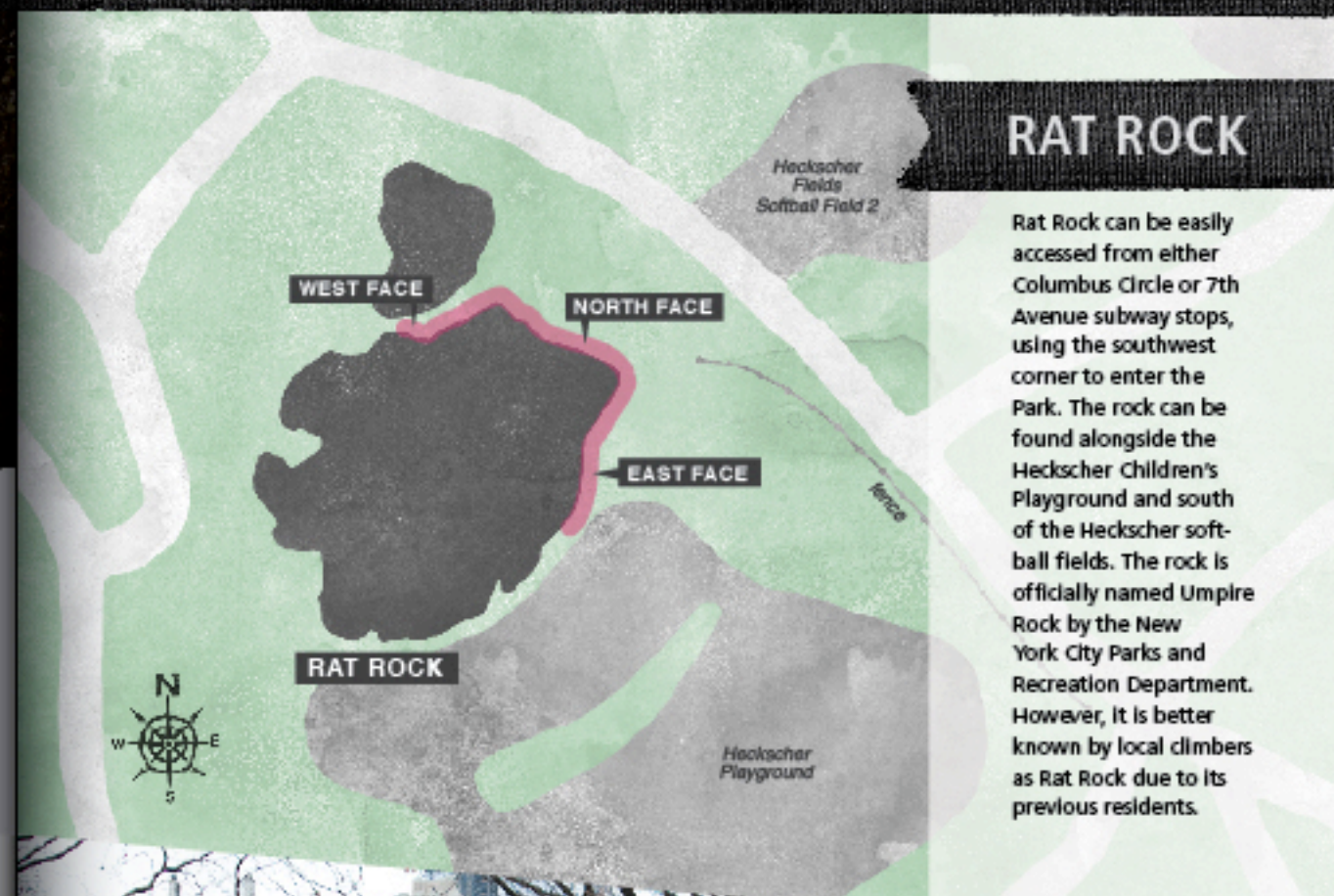
To reach Chess Rock, Cat Rock and Tooth Rock, continue east from Rat Rock beneath the red brick arch. Once through the tunnel you will see the Wollman rink to your right, Chess Rock to your left, slightly up the hill, above an open field. Rat Rock is further along the path heading east on the left hand side, close to some stone steps. Tooth Rock is south of Cat Rock further along the main path.

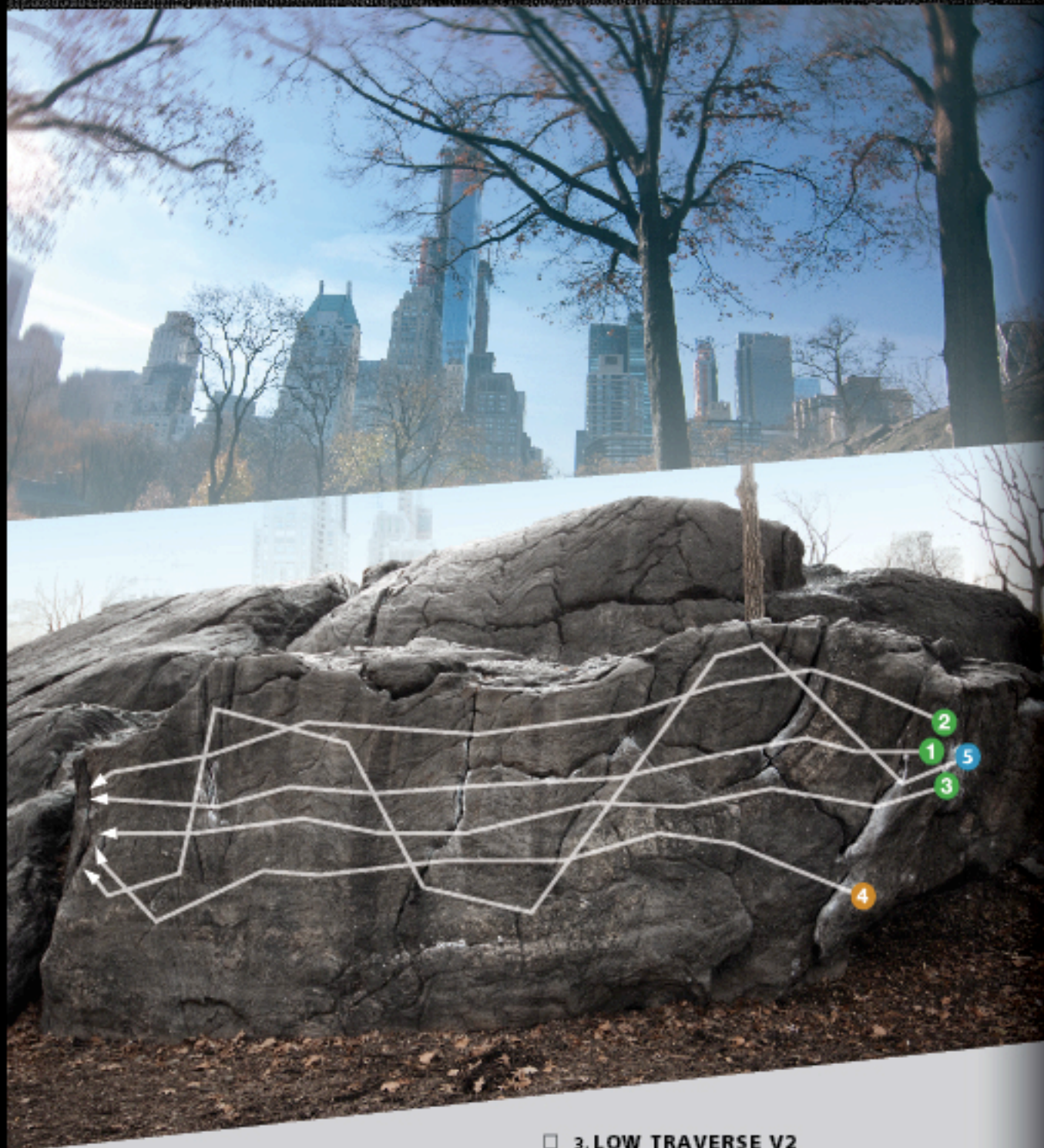
There are numerous other way to access these boulders, use the overview map to find which way is best for you.



RAT ROCK

Rat Rock can be easily accessed from either Columbus Circle or 7th Avenue subway stops, using the southwest corner to enter the Park. The rock can be found alongside the Heckscher Children's Playground and south of the Heckscher softball fields. The rock is officially named Umpire Rock by the New York City Parks and Recreation Department. However, it is better known by local climbers as Rat Rock due to its previous residents.





RAT ROCK // NORTH FACE

- ☐ **1. RAT ROCK TRAVERSE V0 ★★★**
Starting at the flake, traverse left to the end using the bigger holds in the center of the wall. Central Park classic!
- ☐ **2. HIGH TRAVERSE V1**
Same as *Rat Rock Traverse* but use only the holds 11 inches or so down from the top of the wall.
- ☐ **3. LOW TRAVERSE V2**
From the starter flake, follow the crack line down and then left, staying low below the holds on *Rat Rock Traverse*.
- ☐ **4. THE EXTERMINATOR V6 ★**
Starting with hands in the crack, traverse left staying lower than *Low Traverse*. The initial move will take some figuring out.
- ☐ **5. THE MAZE V3**
The route waves up and down across the wall and is extremely contrived!



Brandon Smith on Rat Rock Traverse

- ☐ **6. BUTTCRACK ATTACK VB-**
Climb using only the crack for your hands.
- ☐ **7. CRACK FOR KIDS V0-**
From sitting, use the side pull slots to power up. Finish with less difficulty.
- ☐ **8. BANANA BOOGIE V0-**
Start with both hands in the crack and move up and left using the banana shaped crack.
- ☐ **9. LAYBACK V1 ★★★**
From sitting, layback the crack to the top.
- ☐ **10. LITTLE OVERHANG V0+**
Same as for *Layback* but move out right when possible to the 'starter flake' and then top out.
Variation:
☐ **NIPPLE TWIST V4**
Use the two small holds below the flake.

